

The Importance of Three-Point Contact

What are the three points of contact?

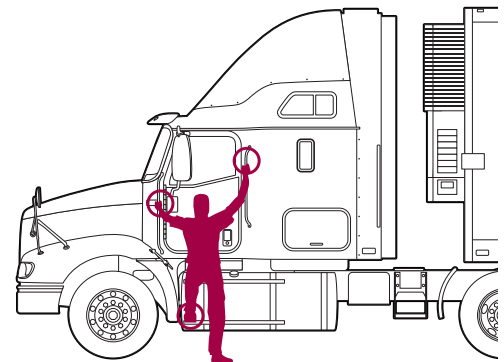
This important rule requires at least three points of contact at all times when getting on/in or off/out of a vehicle: two hands and one foot, or two feet and one hand.

How to stay safe

Each year, far too many serious and needless injuries happen to drivers while getting in and out of their vehicles. By using the three-point contact method you will greatly reduce the potential for injuries.

Remember these key points:

- Maintain three-point contact at all times when entering or exiting a vehicle.
- The three-point contact method should only be broken after reaching the ground, vehicle seat or other stable platform.
- Never enter or exit a moving vehicle.
- Always make slow, deliberate movements to avoid injury from slips and falls.
- Enter and exit a vehicle at the most direct and secure point.
- Only those employees who are authorized to drive on-the-job



should do so.

- Always wear appropriate footwear for the weather conditions.
- Lead by example to help influence others to be safe.

Remember, safely entering or exiting a vehicle can be as important as how you drive it. Use the three-point contact method to stay safer today.

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